

# WHAT'S IN YOUR ENERGY DRINK?



## Nutrition Facts

Serving Size 8 fl oz (237 ml)  
Servings Per Container 2

Amount Per Serving

Calories 110

		% Daily Value*
<b>Total Fat</b>	0g	0%
<b>Sodium</b>	180mg	8%
<b>Total Carb</b>	27g	9%
Sugars	26g	
<b>Protein</b>	0g	
Niacin		100%
Vitamin B6		150%
Vitamin B12		100%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Ingredients:** Water, high fructose corn syrup, citric acid, taurine, sodium citrate, natural flavors, Panax ginseng extract, caffeine, sorbic acid, guarana seed extract, inositol, L-carnitine, glucuronolactone, niacinamide (vitamin B3), pyridoxine hydrochloride (vitamin B6), cyanocobalamin (vitamin B12)

**Energy Boost Blend:** Taurine, Panax ginseng extract, caffeine, guarana seed extract, inositol, L-carnitine, glucuronolactone

**Total caffeine from all sources:** 80 mg per serving (160 mg per can)

Not recommended for children, pregnant or nursing women, or individuals who are sensitive to caffeine. Daily caffeine consumption should be limited to approximately 400 mg per day from all sources. Too much caffeine may cause nervousness, irritability, sleeplessness, and rapid heartbeat.

Most energy drinks are now labeled with Nutrition Facts instead of Supplement Facts, but that **doesn't** guarantee their safety, especially if you consume more than one energy drink per day.

Some energy drinks contain **2–3 servings** in each can. When looking at the Nutrition or Supplement Facts panel, double or triple the amount of calories, sugar, caffeine, and other ingredients to see what you will be getting.

One can provides 52 grams of sugar (equal to 13 teaspoons), which contributes to your daily calorie intake.

You can't always tell the exact amount of each ingredient in the product (unless indicated separately, such as caffeine).

Product contains **caffeine**, as well as guarana seed extract, which is another source of caffeine. Be sure to look at the total caffeine content from all sources on labels and factor it into your caffeine intake for the day.

**Taurine, L-carnitine, glucuronolactone, inositol, and Panax ginseng** are common ingredients in energy drinks, but they haven't been proven to provide additional benefit for physical or mental performance compared to caffeine alone.

Energy drink cans usually carry a **warning**. Be sure to read carefully, as it could make you think twice.

THIS IS FOR EDUCATIONAL PURPOSES ONLY. THIS LABEL DOES NOT MEET THE LABELING REQUIREMENTS DESCRIBED IN 21 CFR 101.9.